

# **Inheritance and Development Status of Traditional Sports of the Bai Nationality in Dali of Yunnan Province**

**Zhonghua Yuan, Yingzhi Wu\***

Kunming City College, Kunming, Yunnan Province, China

\* Corresponding author

**Keywords:** The bai nationality in dali, Traditional sports, Inheritance, Development

**Abstract:** This paper takes the inheritance and development of traditional sports of the Bai nationality in Dali as the research object. It uses the method of literature material, questionnaire survey, mathematical statistics, and on-site interviews to investigate and analyze the inheritance and development of the traditional sports of the Bai nationality. It can be concluded that among the traditional sports of the Bai nationality, the representative sports such as tug-of-war, spinning top, and fire dragon dance are with strong ethnic characteristics. The traditional sports of the Bai nationality are highly technical and rich in form, and are an important part of the Bai culture. However, the development of different events is uneven. Some events are facing the crisis of extinction. The Bai people participate in traditional sports frequently. Among them, the number of males participating in traditional sports is slightly more than that of females. The main factors affecting the inheritance and development of the traditional sports are: economic backwardness, insufficient government attention, lack of national professional talents and lack of innovative consciousness.

## **1. Introduction**

In the unique geographical environment, the Bai nationality has developed its own unique sports events. In-depth research on the inheritance and development of the Bai nationality's traditional sports can not only reasonably protect the traditional sports, so as to make it better inheritance. It can also further enrich China's sports resources, provide people with more fitness options, better promote the development of national fitness activities, and promote the physical and mental health of the people.

## **2. Research Object and Methods**

### **2.1 Research Object**

This paper mainly focuses on the inheritance and development of the traditional sports of the Bai nationality in Dali as the research object.

### **2.2 Research Methods**

#### **2.2.1 Literature Material**

According to the needs of this research, we searched on the Chinese National Knowledge Network and other network databases with traditional sports of ethnic minorities as keywords, and collected more than 40 documents related to the inheritance and development of the Bai nationality's traditional sports. After comprehensive sorting and analysis, preliminary accumulation of data was carried out, which laid a solid theoretical foundation for this research.

#### **2.2.2 Questionnaire Survey**

According to the research needs of this topic, combined with relevant materials, and the advice of the instructors, the research direction was determined. Researchers used the vacation time to personally distribute 200 questionnaires to the Bai people in Eryuan, Xizhou, and Heqing. 180

questionnaires were collected. The response rate was 90%. There were 162 effective questionnaires, and the effective rate was 90%.

### 2.2.3 On-Site Interviews

The researchers went to Dali Sanyue Street Horse Race Festival for on-site investigations. They conducted interviews with local Bai people, and communicated with the organizers and administrators in charge of the race on related issues.

### 2.2.4 Mathematical Statistics

The first-hand data in the questionnaires that have been distributed and collected shall be summarized and sorted in a timely manner. The researchers used mathematical statistics to carry out statistical analysis and processing.

## 3. Research Results and Analysis

### 3.1 The Traditional Sports Culture of the Bai Nationality

The Bai nationality is the 15th largest ethnic group in China, distributed in Yunnan, Guizhou and other provinces. Yunnan Province has the largest population, mainly concentrated in Dali, with a population of approximately 1.112 million [1]. Through generations of life accumulation, production and creation, religious belief and other activities, the Bai people have gradually formed various ethnic traditional sports with bai characteristics. The traditional ethnic sports of the Bai people include horse racing, tug-of-war, swings, fire dragon dance and other various sports activities, which represent Bai people's religious belief and politics. Among them, tug-of-war, fire dragon dance, and spinning top are the most representative of these sports [2]. The traditional sports of the Bai nationality can be divided into competition, performance and leisure. The traditional sports of the Bai nationality have a long history of development. It is a valuable sports and cultural wealth created by the Bai people in the long-term production and life process. The traditional sports of the Bai nationality have high requirements for sports skills, integrating entertainment and fitness. To a certain degree of antagonism, the traditional Bai nationality sports are rich in forms, which are conducive to improving the physical and mental health of the Bai people. It is an important part of the Bai culture.

Table 2 Situation of Bai Nationality's Traditional Sports

Category	content
competition	Horse racing, tug-of-war, spinning top, dragon boat racing
performance	Rattle stick dance, fire dragon dance
leisure	Swing, Bai group sing and dance

### 3.2 Present Situation of the Traditional Sports Development of the Bai Nationality

#### 3.2.1 The Main Events and Methods of the Traditional Sports of the Bai Nationality

These traditional sports involve not only leisure events such as swings, Bai group sing and dance, but also competitive events such as Bai horse racing and dragon boat racing. They are sports events derived from the production and life of the Bai nationality. They all have the value of fitness and entertainment. They can meet the needs of current social development. In the context of the continuous promotion of national fitness activities, they are beneficial supplements to national fitness activities. At the same time, they are also conducive to the implementation and promotion of national fitness activities. What's more, they are also conducive to the inheritance and protection of ethnic minority traditional sports.

Table 3 Investigation Form Of the Bai Nationality's Traditional Sports Development

Event	characteristic	Participation way
Horse racing	Challenging	Individual
Tug-of-war	Distinctive national characteristics	Group

Swing	Ethnic sports event	Individual, pair
Rattle stick dance	Strong entertainment and visual effects	Group
Spinning top	Ethnic sports event	Individual, group
Fire dragon dance	Sports and entertainment activities	Group
Dragon boat racing	Challenging	Group
Bai group sing and dance	Strong entertainment effects	Group

### 3.2.2 The Number of Participants in Bai Nationality's Traditional Sports and the Frequency of People's Participation

Table 4 the Bai Nationality's Participation in Traditional Sports(n=162)

Gender	Males	Percentage	Female	Percentage
Total number of surveys	84	52%	78	48%
The number of participants	59	70%	48	62%
Male to female ratio		70%		62%

It can be seen from Table 4 that in the total survey population, men accounted for 52%, while women accounted for 48%. There were 59 males, accounting for 70% of the total number of males, and 48 females, accounting for 62% of the total number of females, who regularly participate in traditional physical exercise. It can be seen that males of the Bai nationality participate in traditional physical exercise more than females.

### 3.2.3 Bai People's Preferences and Time Choices for Traditional Sports

Table 5 Statistics of Bai people's preference for traditional sports(n=107)

Event	males	Percentage	female	Percentage
Horse racing			38	88.4%
Rug-of-war			51	56.0%
swing			56	55.0%
Spinning top			47	84.0%
Rattle stick dance			8	15.4%
Fire dragon dance			53	56.4%
Dragon boat racing			39	78.0%
Bai group sing and dance			19	29.2%
Other			13	40.6%

Through the analysis of the above table, in the traditional sports of the Bai nationality, the number of male participants in horse racing, spinning top, and dragon boat racing is relatively high, and the proportion is relatively high. In the rattle stick dance and Bai group sing and dance, the number of female participants is larger, and the proportion is higher, while in the traditional sports of tug-of-war, swing, and fire dragon dance, men and women are basically close in proportion. This shows that the inheritance and development of traditional sports of the Bai nationality is still related to the gender of the Bai people.

Table 6 Statistics on The Time Arrangement of Bai People Participating in Traditional Sports Events (n=107)

Event	Workdays	Percentage	Weekends	Percentage	Holidays	Percentage
Number of males	12	20.4%	19	32.9%	28	46.7%
Number of females	9	18.5%	11	22.7%	28	58.8%
total	21	19.6%	30	28.0%	56	52.4%

Through the analysis of the above table, most of the Bai males choose to participate in the traditional sports on weekends and holidays, while the women mainly participate on holidays. This is mainly determined by their production and life. In daily time, most Bai people have to work and produce. They lack the time and energy to participate in traditional sports. In particular, women are also responsible for taking care of their families and children. Most women have time to participate in traditional sports only during holidays.

### 3.3 Investigation and Research on the Inheritance of the Bai Nationality's Traditional Sports

Table 8 Statistics of Bai Nationality's Attitude Towards Sorting out and Rebuilding Traditional

### Sports (n=162)

Event	Great attention	Neutral	Don't care	Total
Number	66	50	46	162
Percentage	40.9%	30.7%	28.4%	100.0%

Table 8 is the data obtained by conducting a certain investigation and understanding of the traditional Bai nationality sports, and then sorting it out. Through the text and data, we can intuitively understand the Bai people's attitude towards the reconstruction of the Bai traditional sports. It can be clearly seen that the Bai people's attitude towards the reconstruction of the traditional sports culture of the Bai people is still relatively positive, which can reflect that the Bai people still hold a positive attitude towards the traditional sports culture.

It can be seen from this that the Bai people generally have neutral attitude to the reorganization and reconstruction of traditional sports. Their enthusiasm for participating in the reconstruction is not very high. In further investigation, we realized that the main reasons:

First, there is a lack of external financial support. The sorting and reconstruction of traditional ethnic sports requires a lot of manpower and material resources, especially when the Bai people do not have their own writing, it further increases the difficulty of sorting and reconstruction, requiring more manpower and material resources.

Second, under the stimulation of the modern economy, a rich and colorful modern culture has been born. With the coexistence of modern multiculturalism, the traditional sports of the Bai nationality have been hit hard, especially the young people of the Bai nationality, which are gradually declining in traditional sports. At the same time, with the rapid development of modern sports, the interest in participating in traditional sports is gradually decreasing. With the decline of the elderly and the declining interest of young people in traditional national sports, the loss and shortage of traditional Bai nationality sports talents has been further aggravated, leading to the loss of many traditional sports of the Bai nationality or the threat of imminent loss.

#### **3.3.1 Main Inheritance Methods of Bai Nationality's Traditional Sports**

The inheritance of ethnic minority traditional sports is mainly based on blood relationship or simulated blood relationship. Some traditional sports in some ethnic groups are regarded as very important skills, and their inheritance is limited to the inheritance method of the family or simulated blood relationship [3]. It is carried out in a specific cultural space and folklore, that is, local inheritance. The simulated blood relationship is established by imitating the blood relationship. The establishment of this relationship is often achieved through apprenticeship. In the apprenticeship ceremony, the apprentices will formally acknowledge the sports masters as their teachers. After the ceremony is over, they begin to establish a simulated blood relationship of being the teacher for one day and the father for life. The relationship is established, and apprentices should respect their teachers as their own parents, and these masters are obliged to impart skills to their apprentices. There is also the contractual relationship-the modern teacher-student relationship [4]. This can realize the vertical inheritance and horizontal transmission of the national traditional sports culture. However, the traditional Bai nationality sports only rely on the teaching of blood relationship. There is no relatively standardized training and education system. The inheritance method is relatively loose. It can only learn some sports skills, but cannot continue to spread its essence.

#### **3.3.2 Main Inheritance Ways of Bai Nationality's Traditional Sports**

The research shows that the inheritance of the traditional sports of the Bai nationality is mainly through simple skills learning between grandparents, father and son, and taught in daily life. The formal educational venues and teaching system have shortcomings in the systematic teaching of the traditional national sports culture of the Bai nationality. The inheritance of the traditional sports of the Bai nationality mainly relies on local farmers as the carrier, and mass performances are the way to pass on traditional sports [5].

## **4. Conclusion and Suggestions**

## **4.1 Conclusion**

### **4.1.1 The Bai Nationality's Traditional Sports Events Are Various, But Their Development is Not Good**

The traditional sports events of the Bai nationality are various and colorful, with distinctive characteristics, and are an important part of the Bai culture. In the era of rapid economic development, the sports industry can bring huge economic benefits. With the widespread dissemination of Western competitive sports, modern sports are popular among people, leading to the replacement or even disappearance of some traditional Bai nationality sports by modern sports [6].

### **4.1.2 The Traditional Sports of the Bai Nationality Lack an Effective Inheritance Mechanism**

The traditional sports of the Bai nationality are mainly inherited by blood relationship or simulated blood relationship. The inheritance process is mainly based on the technology of traditional sports itself. It should be combined with the culture of traditional sports to enable people to have a deeper understanding of traditional sports, which is conducive to the inheritance of traditional sports.

### **4.1.3 Government Support is Weak**

The lack of government support for the development of traditional Bai nationality sports has resulted in insufficient funds for sports work and insufficient environmental equipment.

### **4.1.4 Lack of Traditional Sports teachers' Quality and Professionals**

With the rapid development of society, modern sports such as badminton, basketball, football, baseball and other items are deeply loved by the Bai people. Competitive sports have a strong impact on traditional sports [7]. TV often broadcasts NBA, football and other sports, but basically does not broadcast traditional sports. Thus, children do not have the awareness of inheriting traditional sports from an early age. The school shifts its focus to cultural classes or physical examination items in terms of teaching methods and content, and basically does not carry out other than a few traditional sports.

## **4.2 Suggestions**

### **4.2.1 Build Websites**

With the rapid development of science and technology, the Internet has become an indispensable part of people's daily lives. The Internet can enable talents to know the world without going out. However, when collecting data, it is found that there is no special Bai nationality traditional sports website. Therefore, it is urgent for relevant institutes and schools to establish related websites, which makes it easier for people to understand the traditional sports culture of the Bai nationality. It is conducive to the inheritance and development of traditional sports.

### **4.2.2 Introduce Traditional Bai Nationality Sports into Schools**

National sports courses should be offered. Different courses should be offered for all age groups. Through ethnic courses, students can understand the traditional sports culture of the Bai nationality, so as to better inherit and develop traditional sports culture.

### **4.2.3 Strengthen the Bai Nationality's Physical Education Teachers' Quality and Improve the Teaching Environment**

All colleges and universities should be encouraged to offer courses related to the Bai nationality. For professional sports colleges or research institutes, those who achieve excellent results in the ethnic minority games should be recommended for admission to colleges and universities. These schools should help with their theoretical knowledge to improve their level of cultural courses. After graduation, they should be assigned to various schools as teachers or professional coaches. In this way, they will study hard in cultural courses and practice their professional skills in colleges

and universities.

#### **4.2.4 Combine with Tourism to Further Develop Traditional Sports of the Bai Nationality**

With the development of tourism in Dali now getting better and better, people from all over the world like to travel to Dali. We can make full use of the advantages of the tourism industry. Part of the traditional sports can be integrated into the tourism industry. We can let tourists enjoy the scenery and feel the traditional sports at the same time. Through the explanation, not only can the tourists exercise, but also can they know more about the traditional sports of the Bai nationality, so that the tourists' travel will be more enriched, and people from all over the world can understand the traditional sports of the Bai nationality. This is conducive to the inheritance and development of the traditional sports of the Bai nationality.

#### **4.2.5 Strengthen the Innovation of Traditional Sports of the Bai Nationality**

As long as the traditional sports of the Bai nationality are inherited, they must keep pace with the times, keep up with the pace of the times, and develop together with society. This not only enables better inheritance of traditional sports, but also meets the needs of more people in society and maintains the characteristics of traditional sports of the Bai nationality.

### **References**

- [1] Xueqin Yang, Fan Wang, Ning Ji, et.al. Sports development of ethnic Bai [J]. Sports Culture Guide, 02, pp.106-108 & 115, 2010.
- [2] Yan Zhu, Jianke Yang. The change of traditional sports of Bai nationality in Dali [J]. Journal of Yunnan Agricultural University (Social Science), 06 (03), pp.98-102, 2012.
- [3] Qingwei Xie, Kai Zhang. Research on the development of Bai nationality's traditional sports culture--Taking "Sanyue Street" as an example [J]. Yunan Finance & Economics University Journal of Economics & Management, 01, pp.152-155, 2011.
- [4] Jingdong Zhao. Research on the construction of ethnic minority traditional sports discipline system [J]. Kunming: People's Publishing House, 2010, pp.91.
- [5] Kun Tao, Bin Zhang. Research on Bai nationality's folk festivals and traditional sports [J]. 000 (003), pp.72-75, 2013.
- [6] Xiaoqin Liang. The effect of Dali Bai ethnic traditional sports on Dali folk tourism development [J]. Journal of Honghe University, 10 (06), pp.120-122, 2012.
- [7] Hongcheng Zhang. On taking some Bai traditional physical training in physical education in Dali University [J]. Journal of Dali University, 09 (04), pp.87-89, 2010.